

Guilt About Parenting Scale (GAPS)

This questionnaire is designed to capture how you think and feel about being a parent. Please read each statement carefully. For each question circle the number that best describes how much you agree with each statement. Do not spend too much time on each statement. Please do not skip any answers. There are no right or wrong responses.

1 2 3 4 5 6 7

Strongly disagree Disagree Somewhat disagree Neither agree or disagree Somewhat agree Agree Strongly agree

Strongly
Disagree

Strongly
Agree

	1	2	3	4	5	6	7
1. I often worry I am not as good a parent as I should be	1	2	3	4	5	6	7
2. I feel bad if I put my own needs ahead of my child	1	2	3	4	5	6	7
3. I should spend more time with my child	1	2	3	4	5	6	7
4. I feel guilty if my child gets upset when I leave them	1	2	3	4	5	6	7
5. I often feel it is my fault if my child gets upset	1	2	3	4	5	6	7
6. I feel bad if I am inconsistent in parenting or disciplining my child	1	2	3	4	5	6	7
7. I often worry I do not give my child enough love and attention	1	2	3	4	5	6	7
8. I feel guilty when I do not have the energy to fully engage with my child	1	2	3	4	5	6	7
9. I feel bad if I am not at home or with my family	1	2	3	4	5	6	7
10. I should be able to manage work and family better	1	2	3	4	5	6	7

Instrument citation

Haslam, D. M. & Finch, J (2016). *The Guilt About Parenting Scale (GAPS)*. Parenting and Family Support Centre, The University of Queensland, Australia

Validation citation

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Parenting Guilt and Work and Family Variables. *Journal of Child & Family Studies*.
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SCORING AND INTERPRETATION

Sum all items. Total range is 10-70 where higher scores indicate higher levels of parenting related guilt.